Mountain Weather Forecast

Southwest Highlands

Including Ben Nevis, Glen Coe and the rest of Lochaber, Argyll including the Isles, Loch Lomond, Trossachs and Arran

Forecast valid from 00:00 on Monday 07 Aug 2023 until 23:59 on Tuesday 08 Aug 2023

Forecast Issued on Sunday 06 Aug 2023 at 16:20 by Met Office Aberdeen

Confidence: High confidence for a showery start to the week, soon becoming drier and brighter.

Headline for Monday 07 Aug 2023: Cloudy with sunny spells and scattered showers.

Mountain weather hazards on Monday 07 Aug 2023

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** No Likelihood	**Poor visibility** Low Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** Medium Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Partly cloudy (night)	Partly cloudy (night)	Sunny intervals	Sunny intervals	Sunny intervals	Sunny intervals	Sunny intervals	Sunny intervals
Precipitation probability							
10%	10%	20%	20%	20%	30%	30%	10%

Forecast for Monday 07 Aug 2023

Weather: Dry with clear spells over inland ranges but cloudy with scattered showers over coastal ranges overnight. Coastal showers spread inland during the morning leaving sunny spells interspersed with showers well into the evening.

Chance of cloud-free hill tops above 800m: 40%

Low Cloud and visibility: Cloud will be broken 500-700m throughout the day with visibility good away from cloud and showers.

Check our weather forecast every day to get the most accurate and up to date information
https://www.metoffice.gov.uk/weather/specialist-forecasts/mountain
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Forecast for Monday 07 Aug 2023

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1300	8/10 SW	13/16 SW	15/19 SW	15/20 SW	15/21 W	17/24 W	16/22 W	14/18 W	14/18 SW
900	6/9 W	9/12 SW	10/14 SW	11/15 W	13/19 W	14/21 W	14/19 W	10/14 W	10/13 W
600	8/9 SW	9/12 SW	10/13 SW	10/15 SW	13/18 W	14/21 W	13/18 W	10/14 SW	9/12 SW
300	4/5 S	5/7 S	5/7 SW	7/11 SW	8/13 W	9/15 W	8/13 W	5/8 SW	5/7 SW
Glen	2/5 SW	2/5 SW	2/6 SW	4/9 SW	7/14 W	9/17 W	7/13 W	4/8 SW	3/7 SW

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1300	4/0	3/-1	3/-2	4/-1	4/-0	4/-0	4/-1	3/-1	3/-2
900	6/4	6/3	6/3	7/4	8/5	8/5	7/4	6/3	6/2
600	9/7	8/6	8/5	9/6	10/8	11/8	10/7	8/6	8/6
300	11/10	10/9	10/9	12/10	13/12	13/11	12/11	11/10	10/9
Glen	12/12	12/11	12/12	13/13	15/14	16/14	14/14	12/12	11/11
Freezing Level*	1900m	1800m	1700m	1800m	1800m	1800m	1800m	1700m	1700m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Met Office Aberdeen Meteorologist's View
Nothing to add.

Forecast for Tuesday 08 Aug 2023
Weather: A mostly dry day with sunny spells and perhaps the odd shower building in the afternoon.

Maximum wind: West 15-20mph.

Chance of cloud-free hill tops above 800m: 60%

Low Cloud and visibility: Broken cloud 700-900m will become patchy towards the evening. The visibility will be good away from the cloud and showers.

Temperature: **Glens:** Plus 8 Celsius rising to plus 18 Celsius.
At 800m: Plus 8 Celsius.
Freezing level: Above the summits.

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